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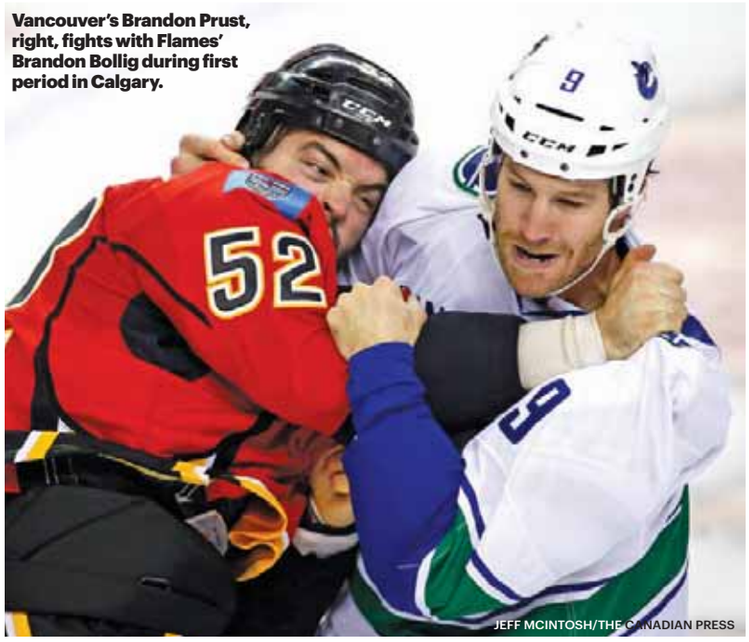
metro EXCLUSIVE

INTO THE TWILIGHT ZONE

A conversation with writer Stephenie Meyer

metroLIFE



Vancouver's Brandon Prust, right, fights with Flames' Brandon Bollig during first period in Calgary.

JEFF MCINTOSH/THE CANADIAN PRESS

GAME ON

The Canucks opened their NHL season with a feisty tilt against the Flames in Calgary. Check metronews.ca for full coverage

Hey Drake, get the YOLOers to vote

ELECTION 2015

Petition backers believe video would engage youth, real quick

Emily Jackson
Metro | Vancouver

Drake, if you're reading this, can you please help inspire young Canadians to get out and vote?

An online petition is asking the rapper to do just that by making a non-partisan video encouraging young people to represent in the Oct. 19 federal election. As of Wednesday morning it had 7,000 supporters — a number that more than doubled overnight.

"If we could get Drake to really appeal to the youth vote, I think it could make a difference in terms of youth voter turnout," petition creator Karilynn Ming Ho said.

The 31-year-old Vancouverite created the change.org and leadnow.ca petitions in hopes of marketing the importance of casting a ballot to her peers. Historically, 18 to 34 year olds have the worst behaviour when it comes to voter turnout. Only 38.8 per cent of 18 to 24 year olds and 45.1 per cent of 25 to 34 year olds voted in the 2011 election, according to Elections Canada.

"It's a shame, because we're the ones to inherit this system," Ming Ho said.

She got the idea to petition Drake, arguably Canada's biggest pop star, when she was in Toronto. Every shop she walked into was playing Drake and every conversation she overhead seemed to be about him as well.

"One day I was just thinking, what would actually bring youth voters out. Automatically I came up with Drake," she said. She wants him to make a video and post it on social media since video is such a powerful medium for millennials.

Celebrity appeals to vote is a tactic that's widely used in the U.S. More than 200 celebrities, including Beyoncé and Lady Gaga, endorsed the Rock the Vote campaign there. Canada admittedly doesn't have the same kind of star power, Ming Ho said, so Drake's voice could make a huge difference.

"We just need signatures; we need Drake to hear how much we want this," she said.

She hasn't been in touch with Drake or anyone on his team, but she said she's working closely with people at change.org to connect with him once the petition reaches 10,000 signatures. She encourages people to share the #drakethevote campaign.

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metro NEWS
Your essential daily news

Britain is the best place to die, study suggests. **World**

Foreign ownership goes up with longer visitor visas

REAL ESTATE

No industry consensus on the link at first panel

Emily Jackson
Metro | Vancouver

Vancouver's skyline is seen from Coal Harbour. Experts disagree on how much impact offshore capital has on the city's heated real estate market. MATT KIELTYKA/METRO

Canada's new 10-year visitor visas have indirectly increased foreign ownership, developers heard during the Urban Development Institute's first panel discussion on foreign ownership in Vancouver.

Industry experts on the Wednesday panel didn't agree on how many millionaire immigrant investors have snapped up Vancouver real estate — or whether foreign money impacts the market in the first place — but immigration lawyer Jeffrey Lowe indicated immigration is not the best way to measure foreign investment.

"People can now come in as visitors, look at properties and buy properties," Lowe said, referring to the longer-term visa program the federal government introduced in February 2014.

"They don't have to spend any time here. Increasing the visas indirectly encourages more foreign ownership."

The program is popular among visitors from China, India and Mexico, according to the federal government.

Foreign ownership is a controversial issue in Vancouver, where industry experts disagree on how much impact offshore capital has on the city's heated real estate market or even what constitutes a foreign buyer in the first place.

Politicians have weighed into the debate, with Prime Minister Stephen Harper promising to collect data to see if foreign buyers are driving up prices.

Panelist Cameron Muir, an economist who works for the B.C. Real Estate Association, said there's "no hard and fast number" on foreign ownership, but then said foreign buyers make up less than five per cent of the market.

He argued the dwindling supply of single-family homes is boosting prices, not foreign buyers.

He cautioned against calling someone "the other" because of the origin of their last names.

UBC geography Prof. David Ley said accusations of racism and arguments that dismiss anecdotal evidence deflect from the debate. He said hundreds of anecdotes suggest foreign buyers are influencing the market.

He is "blown away" by how silent the provincial government has been on the issue, especially since conservative governments in Hong Kong, Singapore and the United Kingdom have taken measures to cool unaffordable markets.

Ley suggested a higher property transfer tax on luxury homes and a flipping tax as ways to cool the market.

Lowe and Ley agreed that Vancouver should expect more demand from foreign buyers, specifically from China.

Based on a study by Barclays, they estimated between 500,000 and 700,000 Chinese people with more than US$1.6 million each want to leave their country within the next five years.

IN BRIEF

Operation not enough to save Corky the sea otter

Experimental surgery to save an injured Vancouver Island sea otter dubbed "Corky" wasn't enough to save the animal's life.

Veterinarians had hoped to keep Corky alive by removing a kidney and performing a blood transfusion, but the Vancouver Aquarium confirmed Corky died early Wednesday morning.

Members of the aquarium's Marine Mammal Rescue Centre were nursing the otter, but tried the never-before attempted surgery when tests showed one of Corky's kidneys had ruptured. THE CANADIAN PRESS

Man at bus stop struck and killed by Jeep

A 22-year-old man sitting at a bus stop Wednesday morning has died after he was struck by a Jeep being driven by a 17-year-old girl, according to Surrey RCMP.

Police said a southbound black Jeep was making a left turn onto Fraser Highway when it drove up onto the curb at the southeast corner and struck a pedestrian sitting on a bench at the bus shelter.

The man died of his injuries, while the Jeep's driver, who is from Surrey, sustained minor injuries, police said. Police are investigating the cause of the crash, and believe weather may have been a factor. Anyone with information about the incident is asked to call Surrey RCMP.

THANDI FLETCHER/METRO

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Riding: Vancouver Kingsway

ELECTION 2015 For the next two weeks, Metro will look at ridings across the Lower Mainland to find out what candidates say are the biggest election issues and why people should vote for them.

ON THE RECORD

Metro asks the candidates

Also running:

Kimball Cariou, Communist

Max Kadioglu, Libertarian

Donna Peterson, Marxist-Leninist

*** Some answers have been edited for length**

Don Davies – NDP

CONTRIBUTED

What is the most important issue facing your riding?

I think affordability is having the widest-ranging impact on families in Vancouver Kingsway. Many people find it especially challenging to find affordable, appropriate housing in the city, and child-care costs are far too high, if parents can find it at all. Rising pharmaceutical costs, bank charges, credit card bills and tuition fees are challenging for young people and seniors.

Why should people vote for you?

I believe that elected representatives have one responsibility: to serve our community and make it better for everyone. I believe passionately in equality, fairness and that every member of our community can contribute and be valued. I believe in human rights, civil liberties and the importance of democratic structures that respect these values. I think that government can play a positive, important role to help us achieve these goals, and help build our economy while protecting our environment.

Catherine Moore – Green

CONTRIBUTED

What is the most important issue facing your riding?

Climate change. The solutions to this biggest of problems, affect all. Not acting puts our coast, safety and food and water at risk. Housing, transportation and energy can all be less expensive, safer and more convenient. Billions in fossil fuel subsides could be axed. Renewables are cheaper than coal, don't need subsidies and create more than 10 times the jobs that dirty energy does.

Why should people vote for you?

I am committed to developing greener energies, jobs and abolishing fossil fuels true to the Green Party Platform. I have pledged to conduct myself with integrity, treat others with respect, listen to my constituents concerns and needs, and put their words into action. I will keep the well-being of Canada and the planet paramount; will ensure a stronger push for proportional representation and a better plan for COP21 participation.

Steven Kou – Liberal

CONTRIBUTED

What is the most important issue facing your riding?

The youth unemployment rate in the country is reaching 11 per cent. This is just completely unacceptable and Canada requires a federal government that takes leadership in providing our youth with jobs. The Liberal solution is real: We will invest in young Canadians to help them gain the skills and work experience they need to succeed and contribute to our economy.

Why should people vote for you?

I believe in the Liberal platform, a platform that puts the future of Canadians first. The promise of smart investment as a method to kickstart our economy is a principle I hope to bring to Vancouver Kingsway. Rather than having Ottawa's voice in Vancouver Kingsway, I want to be Vancouver Kingsway's voice in Ottawa as I fight for a better Canada for future generations.

Jojo Quimbo – Conservative

CONTRIBUTED

What is the most important issue facing your riding?

The most important issue in the riding is the economy. This is the top issue that I hear about when talking to people in our riding. They are happy to see our economy performing well under these global uncertainties, and that the Conservative government has managed to balance the budget while keeping taxes low for all Canadians.

Why should people vote for you?

The message I want to share with voters in Vancouver Kingsway is that I will be a strong voice for them in Ottawa, focused on job growth and the economy, that I come from a strong family background and I understand the virtue of hard work. I was a law school student before coming to Canada. When we arrived, I worked in a factory while studying part-time paralegal courses to support my family. I understand the challenges and pressures faced by families in Vancouver Kingsway.

HEALTH

Doctors create card for dialogue about Chinese medicine

Thandi Fletcher
Metro | Vancouver

A group of Metro Vancouver physicians has developed a pocket-sized travel card for patients that use traditional Chinese medicine to carry with them when visiting their Western doctors.

Dr. Kendall Ho, an emergency doctor who supervised the team that developed the tool, said the travel card aims to open up a dialogue between patients and their Western doctors about traditional Chinese medicines they may be taking in an effort to reduce the risk of potentially dangerous drug interactions.

Although Metro Vancouver is home to a significant ethnic Chinese community, many patients who also see Western doctors often don't disclose that they take traditional Chinese medicine, said Ho.

Tools like the travel card "gives both sides permission to talk about it," he said.

"Sometimes when patients bring it up, they may worry about being judged about using certain medicines," he said. "Patients themselves sometimes don't think about bringing it up."

He said the travel card created by the group contains a list of 22 common traditional Chinese medicine herbs that patients can show their Western doctors.

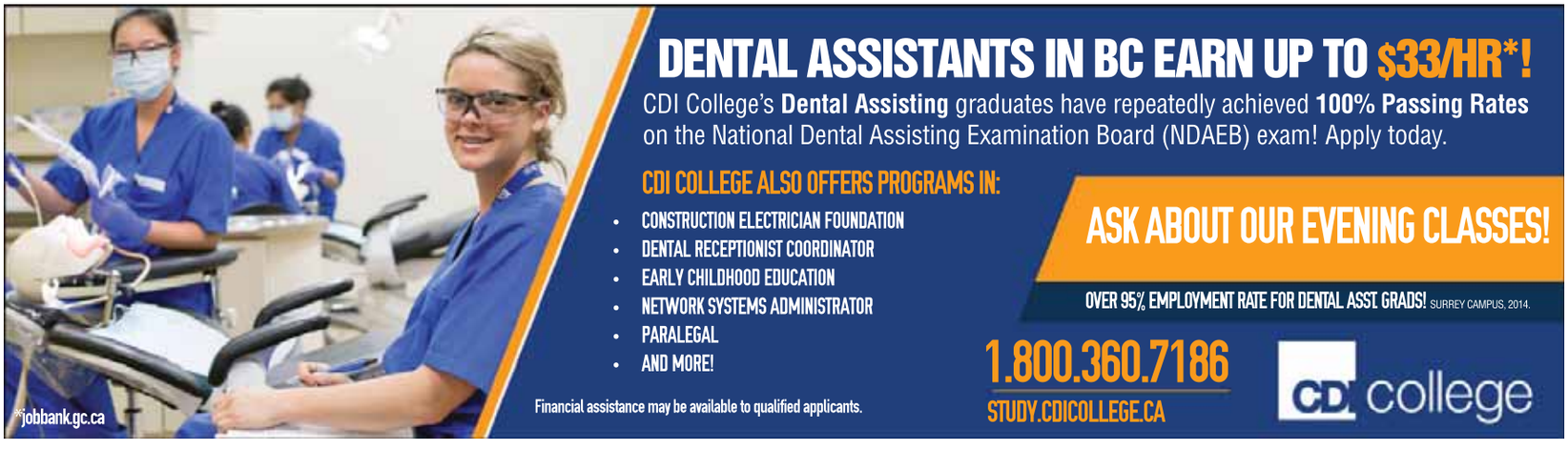
While the card doesn't list every traditional Chinese medicine, Ho said the goal is for physicians to use it as a starting point to communicate with patients.

Without that communication, Ho said, patients can experience adverse effects with potentially dire consequences if they mix traditional Chinese medicine with Western medicine without first consulting a doctor.

For example, the common traditional Chinese medicine called "dong quai," a herb often referred to as "female ginseng," containing a root that has the effect of a blood thinner.

"In some ways it's similar to taking an aspirin a day and there's some benefits to that," said Ho. "The problem is, if a pregnant woman starts taking it, it may lead to complications like vaginal bleed or some kind of bleeding condition."

The travel cards aren't yet widely available, but Ho said physicians can request copies to hand out to patients from the intercultural Online Health Network at the UBC Faculty of Medicine eHealth.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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

VOTER PROFILE

Name: Kevin Settee **Age:** 25 **Riding:** Winnipeg Centre
His issues: Tuition reform, climate change, child care

Petty politics won't resolve problems

ROSEMARY WESTWOOD
in Winnipeg

There are fewer than two weeks left in this election, and Kevin Settee is feeling overloaded.

He also sounds disgusted.

In the 25-year-old's riding, Winnipeg Centre, candidates have been battering each other over who has real street cred — i.e. condemning each other for not living in the riding. NDP incumbent Pat Martin has had to apologize for profane outbursts aimed at competitors (e.g., "political slut" and "son of a bitch").

"It's disrespectful to the constituents," Settee says of the petty politics. Born and raised in the city's west end and a new father to a nine-month-old boy, Settee calls the race "the laughing stock of Canada."

"That's overshadowed a lot of the issues that we experience here in Winnipeg Centre. Real issues aren't being talked about or addressed."

As an urban geography student at the University of Winnipeg, top of mind for Settee is student tuition, debt and job prospects. He speaks of employment as a matter of dignity.

"In Canada, our students have a combined $16-billion debt for student loans. That's not even including student lines of credit and credit cards. When students graduate they're going into a precarious job market that doesn't pay good, and it's very difficult for them to start a family or buy a home and start to contribute to the economy."

As a new father, he's also concerned about access to quality child care.

"In the inner city of Winnipeg, there's high rates of poverty and families living in poverty. One of the ways to address that is child care." Single parents or those struggling can go back to school or get training to find jobs if they have child care, he says.

Settee is also concerned about pipeline development, the expansion of the oilsands and the impact of both on climate change.

He'd like to see an MP with a strategy to help increase jobs and economic prospects on First Nation reserves and a strategy to unify support for indigenous Canadians moving to bigger cities. An MP that will improve the integration of immigrants into Winnipeg, too.

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto tomorrow.

Environmental issues 'derailed'

As campaign riles up, leaders shift focus from climate change

Matt Kieltyka
Metro | Vancouver

Recent political bickering has sidelined an otherwise strong showing for environmental issues in this federal election, according to the David Suzuki Foundation.

With huge commitments for transit infrastructure spending by all parties, the NDP's proposed cap-and-trade system, the Liberals' plan to phase out fossil-fuel subsidies and the Greens calling out the other parties for their continuing support — explicit or otherwise — for various pipeline projects, foundation spokesman Alvin Singh is satisfied the environment has worked its way into the public's mind.

"(The leaders) have been talking about how the environment isn't a distinct issue," said Singh, who sees environment, health care and the economy as entwined issues that can't be treated separately. "Across the board, parties are starting to invest in transit infrastructure, and a number of parties are talking about transitioning to a fossil-free future."

The focus on the big picture issues, and the recognition that the environment plays a crucial role in all of them, is progress in itself, according to Singh.

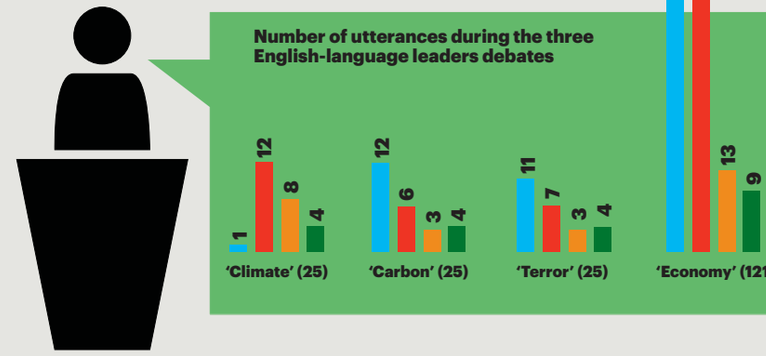
However, talk of the economy, health care and the environment — while featured prominently in the early debates — seems to have been pushed aside in favour of the furor over niqabs, national security and human rights of late.

As leaders have gotten riled up and the intensity of the campaign has ratcheted up, Singh admits talk of the environment has been "derailed" to some degree, at the expense of what matters most to voters.

BY THE NUMBERS

A matter of some debate

Are environmental issues getting short shrift in this campaign? The answer, it would seem, depends on your point of reference.



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Conservative Leader Stephen Harper talks with Rebecka Byok during a campaign stop in Saskatoon, Sask, on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

Harper vows to widen niqab ban

ELECTION 2015

NDP, Liberals condemn the plan as bid to distract voters

Stephen Harper took the politics of niqabs to a higher level Wednesday, suggesting a re-elected Conservative government would consider legislation banning the Muslim face covering for anyone dealing with — or working for — the federal government.

He opened the door earlier in the week with a CBC television interview, saying niqabs could be nixed in the public service — echoing similar comments last week in the French-language leaders' debate.

But on Wednesday, the Conservative leader went further, lauding Quebec's Bill 64, which requires those who wear face coverings to remove them if they want to work in the public sector — or do business with government officials. Although tabled in the National Assembly, the bill has yet to be debated.

He called the Quebec Liberal government's approach measured and pledged that when it came time for federal legislation, he would follow their lead.

As if to hammer home the point, the Conservatives released online attack ads in French, going after Justin Trudeau's position on the niqab.

A proposed ban on niqabs in the federal civil service would affect an infinitesimally small number of bureaucrats — if any at all. Statistics from 2011 show only 1.8 per cent of 257,000 federal employees are Muslim women and only a small subset of them is likely to wear face coverings.

> **"No election win is worth pitting Canadians against Canadians.**
> Justin Trudeau

The Conservatives have already tried to require Muslim women to show their faces at citizenship ceremonies, but those rules are being challenged in the courts. Harper's comments on Wednesday make clear he is eyeing additional legislation to require women to unveil every time they want services from the federal government.

Harper insisted his government has been "saying the same thing for several months" on the issue.

Both Trudeau and NDP Leader Tom Mulcair condemned the latest proposal as an attempt to distract voters from serious questions about Conservative management of the economy.

Mulcair said, in Enoch, Alta., that what Harper was doing was "bizarre" and "dangerous" and part of a broader political strategy aimed at getting the Conservatives re-elected by accentuating differences rather than bringing people together.

Trudeau, in London, Ont., said Harper's divide-and-conquer approach "is unworthy of the office he holds, and he needs to stop."

"No election win is worth pitting Canadians against Canadians."

THE CANADIAN PRESS

WHERE THE LEADERS ARE THURSDAY

- **Stephen Harper's** itinerary was not available.
- **Justin Trudeau's** itinerary was not available.
- **Tom Mulcair** will be in Toronto.
- **Elizabeth May** will be in Guelph, Ont., and Toronto.

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NOBEL PRIZE

DNA research honoured

Three scientists from Sweden, the U.S. and Turkey won the Nobel Prize in chemistry on Wednesday for showing how cells repair damaged DNA, work that's inspired the development of new cancer treatments.

Swedish scientist Tomas Lindahl, American Paul Modrich and U.S.-Turkish national Aziz Sancar shared the 8 million Swedish kronor (about $960,000) award for research done in the 1970s and '80s.

The Royal Swedish Academy of Sciences said their work on DNA repair had provided "fundamental knowledge" about how cells function and shed light on the mechanisms behind both cancer and aging.

The findings are significant for cancer research, because cancer cells are kept alive by DNA repair mechanisms. Researchers are now looking at ways to destroy the repair mechanisms within the cancer cells to kill them, academy member Peter Brzezinski said.

THE ASSOCIATED PRESS

Obama apologizes

AFGHANISTAN

U.S. airstrike hit hospital, killing staff and patients

U.S. President Barack Obama apologized to Doctors Without Borders on Wednesday for the American air attack that killed at least 22 people at its hospital in Afghanistan and said the U.S. would examine military procedures to look for better ways to prevent such incidents.

Obama's telephone call to the group's international president, Joanne Liu, came a day after the White House had stopped short of an apology, waiting to learn more while acknowledging that the attack was a U.S. mistake. White House spokesman Josh Earnest said Obama offered condolences to the staff and pledged a "transparent, thorough and objective accounting of the facts."

"When the United States makes a mistake, we own up to it, we apologize where appropriate and we are honest about what transpired," Earnest said.

U.S. President Barack Obama speaks in the East Room of the White House in Washington on Wednesday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

He described Obama's apology as "heartfelt."

Liu confirmed the apology and, in a written statement, reiterated her organization's call for the U.S. government to consent to an independent investigation "to establish what happened in Kunduz, how it happened and why it happened."

Emerging details about the erroneous strike have only fuelled growing condemnation by Doctors Without Borders and other aid groups in the four days since the clinic in the northern city of Kunduz came under heavy fire that killed a dozen staffers and 10 patients. After initial confusion, officials determined the U.S. had carried out the strike, an admission that complicates delicate U.S. efforts in Afghanistan as Obama weighs how many troops to leave there.

THE ASSOCIATED PRESS

PALLIATIVE CARE

Britain tops in 'quality of death'

Britain topped an 80-country "quality of death" study released Tuesday, which warned that aging and booming populations would make palliative care a growing worldwide issue.

The 2015 Quality of Death Index, compiled by the London-based Economist Intelligence Unit, found Britain to be the best at palliative care.

"Its ranking is due to comprehensive national policies, the extensive integration of palliative care into the National Health Service, a strong hospice movement and deep community engagement on the issue," the EIU said.

Britain was followed by Australia, New Zealand, Ireland, Belgium and Taiwan. Canada came in at 11th place.

Palliative care provision was found to be worst in Iraq among the 80 countries studied, with Bangladesh, the Philippines, Nigeria and Myanmar rounding out the bottom five.

AFP

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Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Forte Sedan LX MT (F054IF) with a selling price of $17,552 is based on monthly payments of $173 for 84 months at 0% with a $0 down payment, and first monthly payment due at finance inception. Offer also includes $3,000 cash discount. Other taxes, registration, insurance and licensing fees are excluded. *Cash Purchase Price for the new 2015 Rondo LX Value AT (RN75AF)/2015 Optima LX AT (OP742F)/2015 Optima Hybrid LX AT (OP74AF) is $19,997/$21,452/$24,752 and includes a cash discount of $5,235 including $5,000 cash discount and $235 dealer participation/$5,000/$7,000 including $6,000 cash discount and $1,000 ECO credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Representative Leasing Example: Lease offer available on approved credit (OAC), on new 2016 Sorento 2.4L LX FWD (SR75AG)/2015 Soul 1.6L LX AT (SO752F) with a selling price of $29,332/$21,532 is based on monthly payments of $299/$179 for 60/60 months at 1.9%/0%, $0 security deposit, $0/$500 lease credit, $1,800/$850 down payment and first monthly payment due at lease inception. Total lease obligation is $17,948/$10,718 with the option to purchase at the end of the term for $11,431/$9,464. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ΩLease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. ‡Model shown Manufacturer Suggested Retail Price for 2015 Soul SX Luxury (SO758F)/2015 Rondo EX Luxury (RN756F)/2015 Optima SX Turbo AT (OP748F)/2016 Sorento SX Turbo AWD (SR75IG) is $27,295/$32,295/$34,895/$42,095. The Kia Soul received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2015 Rio/2015 Forte/2015 Rondo were awarded with the Clef d'or "Best in Class" by L'Annuel de l'automobile 2015. Visit www.annuelauto.com for all the details. The 2016 Sorento/2015 Optima/2015 Sedona/2015 Soul were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2016/2015/2015/2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). 2015 Kia Soul awarded ALG Residual Value Award for highest resale value in its class. Based on ALG's residual value forecast for the 2015 model year. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. The all-new 2016 Kia Sorento was awarded the 'iF Design Award' for its outstanding design. The 'iF Design Award' is one of the world's most important prizes for excellence in design, www.ifdesign.de. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

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'Blue Jay flu' for day off won't fly

EMPLOYMENT

Bosses also likely won't accept baseball as a religion

Though you may be tempted to book off work Thursday or Friday with "Blue Jay flu," you're better off just catching updates at your desk, advises David Doorey, professor of labour and employment law at York University.

Torstar News Service asked him what bosses will think of this sudden illness.

Can employees get away with calling in sick?
A different sort of bird flu is going around, but don't expect bosses to be sympathetic. Any employee who lies about being sick to sneak off to the sports bar is putting their job at risk.

What are the repercussions if you're caught?
Dishonesty and unauthorized absenteeism are both violations of an employment contract that an employer could respond to by discipline or even termination. Non-union employees have less protection because their employers can always fire them for absenteeism, unless the absence is due to a disability or religion. Baseball may be a religion to some, but the law doesn't see it that way. If a group of unionized employees scheme to all call in sick and watch the game together, that would be an illegal strike.

From the boss' perspective, is this heavily frowned upon?
Taking the odd day off is one thing. Lying to the employer about the reason for the absence is quite another. Dishonesty is treated as a serious breach of the employment contract, and most employers have little tolerance for it.

What about just watching the game at work?
Depending on the work environment, allowing your employees to watch the game at work could be a great morale-building human-resources strategy.

This obviously wouldn't work for all workplaces, since it will mean a very unproductive four hours.

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metro VIEWS

Researchers find missing lines of the 3,000-year-old Epic of Gilgamesh on a tablet bought from a smuggler — under a 'no questions asked' rule some archeologists worry encourages black-market trade.

CHANTAL HÉBERT: ON THE NIQAB DEBATE

With a deal to create a free-trade zone across the Pacific Rim, the assumption was that the Conservatives would want to shift the conversation away from identity politics.

Against the expectations of many — including some of his own strategists — Stephen Harper has thrown the niqab issue back into the mix of the last stretch of the federal campaign.

With a deal to create a free trade zone across the Pacific Rim in hand the assumption was that the Conservatives would want to shift the conversation away from identity politics and back to the more central theme of the economy.

Instead, in a CBC interview on Tuesday, Harper breathed new life into the niqab discussion, suggesting a re-elected Conservative government might follow Quebec's example and ban the face-covering veil across the federal workplace.

That comment predictably stole the show from the just-negotiated Trans-Pacific Partnership.

Harper had raised the possibility of imposing a niqab ban on federal civil servants and those that they provide services to on a stop in Quebec last week and — in passing — on the set of the last French-language leaders debate on Friday.

But Tuesday's CBC interview marked the first time he was as explicit on English-language national television on both the pursuit by the Conservatives of a niqab ban for the purpose of taking the oath of citizenship and the notion that the prohibition might be expanded.

It could be argued that Harper was just answering questions. But he is a seasoned politician.

He could have limited his remarks to the ongoing government efforts to have Muslim women unveil their faces to take the oath, the better to focus on his trade deal.

He had to have known that his niqab answer would stir the pot.

On Wednesday in Saskatoon, Harper pushed the envelope a bit further, calling the Quebec plan for a comprehensive niqab ban a "responsible" one.

By all indications, the Conservatives believe there is still political capital to be gained from a culture war over the niqab.

But as they expand the front of that war from Quebec to the rest of Canada, they are also shifting targets.

Their latest French-language ads take Justin Trudeau to task for opposing a niqab ban.

In contrast with NDP Leader Thomas Mulcair, who has taken a hit over his opposition to a veil ban in Quebec, Trudeau, who shares the same position, has so far emerged unscathed.

He picked up a major editorial endorsement from La Presse this week. It is the first time since 2000 that the Montreal daily explicitly endorsed the Liberals in a federal election.

Some polls have Trudeau in the lead in Ontario. Most have the Conservatives and the Liberals neck-and-neck nationally.

Going in the last two weeks of the campaign, Harper strategists may have hoped that the Liberal leader would join Mulcair on the TPP barricades.

Harper could then have spent the last stretch defending the projected benefits of his trade agreement against all comers. He could have counted on a chorus of pro-TPP constituencies to echo his message. Except that the Liberal leader has declined to come out against the trade deal.

Raising the niqab stakes in an effort to drag Trudeau down is not a risk-free strategy. The widespread support for the removal of face-covering veils for the taking of the citizenship oath is steeped in symbolism. Banning women who wear the niqab from working in the federal civil service and from receiving government services unless they unveil could be widely seen as a different proposition.

In the immediate aftermath of Harper's CBC interview, some observers mistakenly suggested the Conservative leader was stealing a page from the Parti Québécois' secularism charter. In fact, it is Liberal Premier Philippe Couillard's example that Harper might follow.

The Parti Québécois would have imposed a secular dress code on anyone working in Quebec's public sector. Its proposed ban would have applied — among other religious garments — to the Jewish kippa, the Muslim hijab, and the Sikh turban. Like Harper, the Quebec Liberals are focusing on face-covering veils in their bill.

But if the Conservative leader's statements had some otherwise well-informed pundits initially confused, more than a few voters — particularly in the cultural communities that will determine the outcome of the crucial suburban vote later on Oct. 19 — could understandably feel less than clear about the extent of Harper's actual intentions.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Hallomeme costumes

Everyone has at least one Newsfeed Nancy in their life — a friend who is instantly on top of every viral sensation, whether it be a New York City rat toting a piece of pizza home on the subway, the dear departed Cecil the Lion, or The Dress of indeterminate colour. Now all those phenomena and more are available for the perpetually on-trend as commercially made Halloween costumes. If you're a bit more ambitious and willing to go homemade, the possibilities are endless — there's still plenty of time to pull together a disguise as a Labrador riding a bus, an excited weatherman or a pumpkin-spice latte before Oct. 31.

SOURCE: HOUSTON CHRONICLE

metroview

Old age: It's going to happen to you. And most of us aren't ready

Diane Baker Mason
For Metro

You think it won't happen to you. You won't end up warehoused in some underfunded institution. You'll live at home, maybe hire a helper. If you must, you'll move to a nice facility with superlative care. As for the cost, the government covers that, right?

Wrong. Most Canadians are under the illusion their long-term care is covered by government plans. But anyone who needs long-term care soon finds themselves in a financial and bureaucratic quagmire — a patchwork of services and facilities, with limited (if any) government support. There are waiting lists, inconsistent qualification procedures and significant expense for both institutional and in-home care. It is easy to fall through the gaps.

Rarely are private savings and insurance adequate to pay for our care. Usually the cost far exceeds the average person's savings. As for insurance, fewer than one per cent of Canadians purchase coverage for long-term care, possibly thinking it's not something they have to pay for.

Anyone who needs long-term care soon finds themselves in a financial and bureaucratic quagmire.

But we do pay, mostly from our own private funds. If that's inadequate, we are often thrown into a semi-subsidized system with many gaps in it.

While it should be a national priority that quality long-term care be available to every Canadian, Canada's plans for establishing and funding universal long-term care are virtually nonexistent. The federal parties speak mostly about the Canada Pension Plan and Old Age Security. Only the NDP promises a revised health accord that might address some long-term care issues.

But even a revised accord would not solve the funding problem. The answer lies in a public insurance plan. Such a plan would cover assistance with daily living as well as out-of-hospital professional services beyond those covered by the Canada Health Act. Studies by public-policy groups have explored options for such plans. But we continue to turn a blind eye to the problem of funding our increasing need for long-term care.

This isn't something remote from us — something that a separate group of "old people" are facing. We are the "old people." If it's not our personal problem right now, it will be soon enough. So let's all start looking at this now. To paraphrase that wise old man, Mick Jagger, time is not on our side.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

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PHILOSOPHER CAT
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metro LIFE

Your essential daily news

Pharrell Williams to perform at MTV European Music Awards later this month

Meyer wouldn't change a thing

BOOKS

Characters switch roles in new Twilight novel

Call them Edythe and Beau.

For the 10th anniversary of her Twilight series, Stephenie Meyer is offering a gender swap for those millions caught up in the saga of Bella and Edward.

Little, Brown Books for Young Readers on Tuesday released a Twilight/Life and Death dual edition of Meyer's first of four main novels in the bestselling vampire series. The original book has been paired with Life and Death, a narrative that reverses the author's famed romance between a teen girl and male vampire, instead having a human boy (Beau) fall for a female vampire (Edythe).

According to Little, Brown, the alternate version contains nearly 400 pages of new material. As of late Tuesday morning, the book was in the top 500 on Amazon.com's bestseller list.

THE ASSOCIATED PRESS

Stephenie Meyer.
GETTY IMAGES

TWILIGHT

... Except for one significant detail about the popular vampire series

It's been a decade since Stephanie Meyer — a then unknown author — introduced her death-crossed lovers Bella and Edward to readers in the first book of the Twilight series.

But, four books, five movies and 10 years later, has the romantic story of a young woman falling in love with a vampire lost it's sparkle in a world where Miley Cyrus twerks on MTV and feminist young women want to be the heroes of their own stories?

This old-fashioned girl-meets-boy story has spawned fan fiction, including E.L. James' Fifty Shades of Grey (just don't ask Meyer to comment on it — she wouldn't address it with us), and criticism about Bella's passive personality in the series.

Metro recently had an exclusive opportunity to email Meyer a few questions about how this series has held up in a changing world, and how readers were affected by her works.

Fans of the series will be very interested in the bonus content included in the 10th anniversary edition. What can you tell us about it? Is there anything you think will come as a revelation to readers?

The bonus content is Twilight rewritten with all but a few of the characters' genders switched. It is very close to the original version, because not much changes when the human is a boy and the vampire is a girl (which was kind of my point in doing this exercise). If readers have the same response that I did, they might be surprised at how cool Edward is as Edythe.

It was a decade ago that the series started, and a large number of women grew up reading the books and watching the movies. This was a love story, but it wasn't explicit or smutty. It was romantic more than anything. Have readers have told you how it affected them and their ideas about love?

Readers really haven't discussed with me how Twilight affected their ideas of love, probably because we're all aware that this is just fantasy. I can say, however, from the interactions I've had with readers at signings, there seem to be a couple of common ways that Twilight has impacted people. For many, Twilight was an awakening or reawakening to the enjoyment of reading for pleasure; many readers went on to become much more active readers across many genres. Also, many readers have expressed to me that they've made lifelong friends through discussing Twilight online with other readers. Another frequent comment is that Twilight prompted the reader to start writing her own story. All of these responses make me really happy.

In recent years we have seen a rise in feminism among young women. Do you think the Twilight series — and Bella and the choices she makes — would still resonate with readers 10 years later?

People still seem to really enjoy the experience of falling in love, so I would say yes. Love stories will always have a place for some readers.

If you did write it today, what choices would you make differently about the plot, the characters?

Having just rewritten the story for the 10th anniversary edition, I can safely say that I know I wouldn't change much. I would (and did) change some clunky words, and add in some fun things that I thought of later. Twilight was a fun writing experience. I think my approach has always been and probably will always be to have fun and entertain myself. METRO CANADA

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Author a double finalist

AWARDS

Rachel Cusk shortlisted for Giller and GG

After making the short list for the $100,000 Scotiabank Giller Prize on Monday, Rachel Cusk is now a finalist for another lucrative honour — a Governor General's Literary Award.

Cusk, who was born in Canada and lives in London, is on the short list for the $25,000 fiction prize for Outline (HarperCollins Publishers Ltd.).

Other fiction finalists include two-time Governor General's award winner Guy Vanderhaeghe of Saskatoon, who made the cut for Daddy Lenin and Other Stories (McClelland & Stewart/Penguin Random House Canada).

The short list is rounded out by Helen Humphreys of Kingston, Ont., for The Evening Chorus (HarperCollins), Toronto's Kate Cayley for How You Were Born (Pedlar Press), and Clifford Jackman of Guelph, Ont., with The Winter Family (Random House Canada/Penguin Random House Canada).

The Canada Council for the Arts administers the awards, which honour writers in both official languages and in seven categories. Each winner, chosen by peer assessment committees, receives $25,000.

This year's non-fiction, English-language short list includes former finalist Ted Bishop of Edmonton for The Social Life of Ink: Culture, Wonder, and Our Relationship with the Written Word (Viking/Penguin Random House Canada).

CBC correspondent David Halton of Ottawa is on the list for a book on his dad, Dispatches from the Front: Matthew Halton, Canada's Voice at War (McClelland & Stewart/Penguin Random House Canada).

St. John's journalist Michael Harris made the cut for Party of One: Stephen Harper and Canada's Radical Makeover (Viking/Penguin Random House Canada).

Aboriginal literature scholar Armand Garnet Ruffo of Kingston, Ont., is a contender with Norval Morrisseau: Man Changing into Thunderbird (Douglas & McIntyre).

And Vancouver bee expert Mark L. Winston is a finalist for Bee Time: Lessons from the Hive (Harvard University Press).

Other notable nominees for a 2015 Governor General's Literary Award include Montreal's Donald Winkler, who is also on the Giller short list, for translating the short story collection Arvida by Samuel Archibald. For the GG honour, he's a finalist in the category of Translation (French to English) for Montcalm & Wolfe: Two Men Who Forever Changed the Course of Canadian History (HarperCollins) by Roch Carrier.

THE CANADIAN PRESS

OTHER GOVERNOR GENERAL'S FINALISTS

Poetry
- Kayla Czaga of Vancouver with For Your Safety Please Hold On
- Liz Howard of Toronto for Infinite Citizen of the Shaking Tent
- M. Travis Lane of Fredericton for Crossover
- Patrick Lane of North Saanich, B.C. for Washita
- Robyn Sarah of Montreal for My Shoes Are Killing Me

Drama
- Beth Graham of Edmonton for The Gravitational Pull of Bernice Trimble
- Tara Grammy and Tom Arthur Davis of Los Angeles/Toronto for Mahmoud
- Bryden MacDonald of Toronto for Odd Ducks
- David Yee of Toronto for carried away on the crest of a wave
- Marcus Youssef and James Long of Vancouver/New Westminster, B.C. for Winners and Losers

Children's Literature
- Dan Bar-el of Vancouver for Audrey (cow)
- Darren Groth of Delta, B.C. for Are You Seeing Me?
- Susin Nielsen of Vancouver for We Are All Made of Molecules
- Caroline Pignat of Ottawa for The Gospel Truth
- Emil Sher of Toronto for Young Man with Camera

Rachel Cusk is on the short list for the Governor General's Literary Award prize for Outline. THE CANADIAN PRESS

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Things that go bump in the night

NINO RICCI

Author's latest a disturbing look at realm of sleeplessness

For Nino Ricci, imagining the last words of a novel usually inspires the story he wants to tell. His new book Sleep was no exception.

"What came to me first was the book's ending — and the book's last line really — and I thought, 'Yeah, that seems to have resonance. Now I just have to figure out how my character ends up there,"' says Ricci, who won Governor General's Awards for Fiction for his novels Lives of the Saints and The Origin of the Species.

"Most of my books actually work that way — that I get a final image of some sort and I can feel the feeling in that situation and then I try and unspool the story from that."

Sleep, a disturbing look at a history professor's descent into the realm of sleeplessness, starts with a near-tragedy, keeps the reader on edge throughout, and ends explosively.

David Pace has a successful career with a beautiful wife, who's also an academic. They have a young son and a gorgeous home.

But David begins to have trouble sleeping, then falls asleep at inopportune moments. After he's diagnosed with a sleep disorder, he increasingly relies on pharmaceuticals and engages in deviant sexual behaviour.

Ricci suffers from sleep problems, but any other similarities with the protagonist end there, says Ricci during an interview at the office of publisher Doubleday.

"He's a more extreme character than I am and also has more extreme interpretations than I do. We have to take his depictions with a bit of a grain of salt, but it's all drawn from things I've actually been through myself and experienced first-hand," Ricci says.

David grows increasingly jealous of his wife's academic success and his twin brother's amassing wealth. He alienates colleagues, has financial problems and becomes obsessed with guns.

Ricci, who has been awarded the Order of Canada, lives in Toronto with his wife and 14-year-old son. He loves watching films in his spare time.

"In another life I would have liked to be a film director, but I would never have the authority to command a film set. That's just not my personality," he says.

"But there's a part of me that always wanted to go in that direction because film is so much the medium of our time."

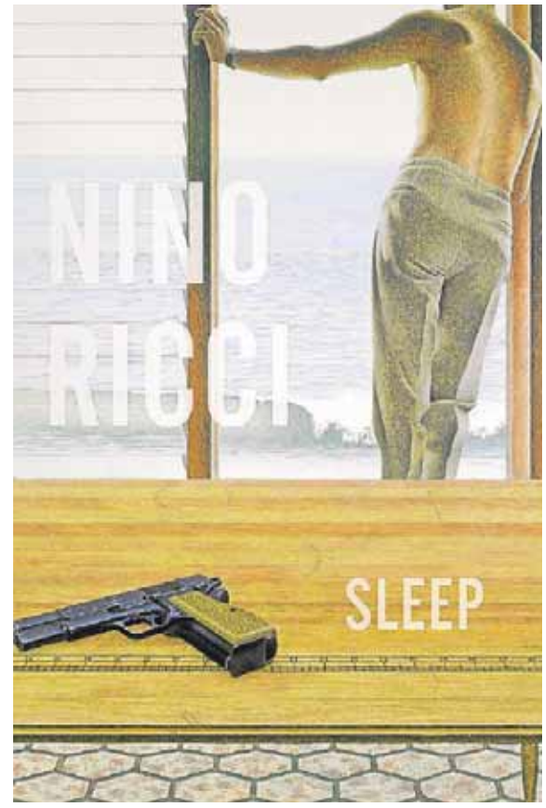
Ricci dedicated Sleep to Canadian novelist, filmmaker and musician Paul Quarrington, his close friend who died of lung cancer in 2010 at age 56.

Quarrington and his wife introduced Ricci to his wife. They had children around the same age, and the two families took holidays together.

"He knew everyone — he knew everyone in the writing world, he knew people in the music world and the film world, so all I had to do was hang out with Paul and my social life was taken care of. Just go wherever Paul went. And I knew whenever I went anywhere Paul was there, that I was kind of safe, like he was like my godfather.

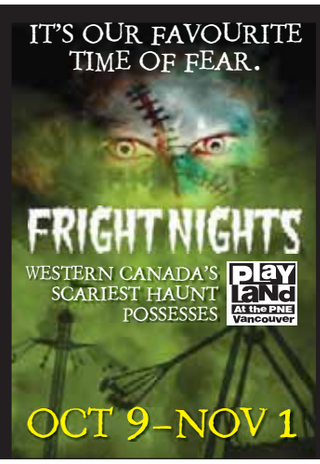
"My life feels very diminished since he died," he says.

THE CANADIAN PRESS



He's a more extreme character than I am.
Nino Ricci, on the main character in Sleep

You could WIN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Jason Lisle earned his Ph.D. in astrophysics at the University of Colorado in Boulder, where his research specialized in the solar photosphere. Dr. Lisle then focused on apologetics ministry, writing and speaking on science topics and the defence of the Christian faith. His most well-known book, "The Ultimate Proof of Creation", demonstrates that biblical creation is the only logical possibility for origins!

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BIRTHS

Baby for Carey Mulligan

Carey Mulligan popped back into the public eye this week at the London Film Festival debut of her new film, Suffragette, and she brought along with her some joyous news.

"Carey has given birth to a healthy and happy baby," a source tells E! News.

"She is just enjoying this time with her family and close friends."

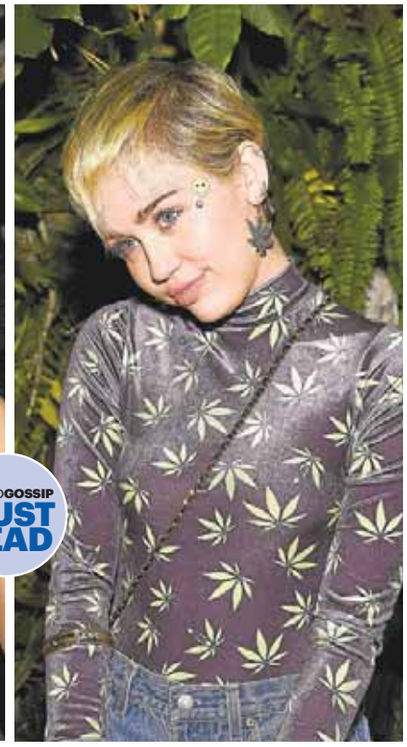
Well, and standing awkwardly with Meryl Streep on a red carpet, but still.

Mulligan and husband Marcus Mumford — of Mumford and Sons fame — married in 2012 and first confirmed they were expecting back in June when her appearance at the Tonys made it impossible to hide the news.

She had to sit out the world premiere of Suffragette at the Telluride Film Festival in late September because she was about to give birth, if you want to try to pinpoint the exact date of delivery. Which is weird, why would you do that? Anyway, no word yet on the gender, mostly because they don't want us to go with the obvious headlines. Well, we certainly showed them, didn't we?

NED EHRBAR/METRO

Carey Mulligan



metroGOSSIP MUST READ

Nicki Minaj and Miley Cyrus aren't making peace any time soon. ALL PHOTOS: GETTY IMAGES

Minaj fires up feud with Miley Cyrus

INTERVIEWS

Quotes in NYT Mag show fight far from over

Ned Ehrbar
Metro | Hollywood

So that feud between Nicki "Miley, what's good?" Minaj and Miley Cyrus?

Yeah, totally not going away anytime soon. After Cyrus made some comments about Minaj to the New York Times that Minaj reacted to at the VMAs, things seemed to calm down.

But Minaj just did an interview with the New York Times Magazine that proves she's far from over it.

"The fact that you feel upset about me speaking on something that affects black women makes me feel like you have some big balls," Minaj says.

"You're in videos with black men, and you're bringing out black women on your stages, but you don't want to know how black women feel about something that's so important?

"Come on, you can't want the good without the bad.

"If you want to enjoy our culture and our lifestyle, bond with us, dance with us, have fun with us, twerk with us, rap with us, then you should also want to know what affects us, what is bothering us, what we feel is unfair to us.

"You shouldn't not want to know that."

BODY IMAGE

Fat shaming sent Selena to therapy

Good job, everybody. Any taunting or comments made about Selena Gomez's figure after she posted a photo of herself in a bikini back in May ended up sending her off looking for professional help. Hope you're proud of yourselves, jerks.

"I've been working in therapy," she tells Us Weekly. "I'd land at the airport and people would yell out, 'You're fat!' It was awful. I've been working since I was seven. This is the first year I ever dealt with anyone talking about my body. Even if I did gain weight, I'm fine. That's what the picture represents."

Also, having seen the picture in question, I have no idea what you people are talking about. That's what we're calling fat now? There's no hope for anyone.

NED EHRBAR/METRO

Selena Gomez

GOSSIP BRIEFS

Miranda Lambert has 'never felt more inspired'

Sometimes an artist just needs to shake things up, make a change, ditch the routines if she wants to really get those juices flowing and get productive. And sometimes she just needs to end her marriage. Miranda Lambert insists that since splitting up with Blake Shelton and moving back to Nashville, she's been more productive than ever, writing music every day. "I've never felt more inspired," she said at her Music City Walk of Fame induction ceremony this week. "I've written music basically every single day for the whole summer, and it was my first summer off the road and I've never felt more ready to make music." I wonder what she's been writing about.

NED EHRBAR/METRO

Tom Hanks reunites student with university ID card

Tom Hank's tweet worked! A student named Lauren who lost her Fordham University ID card has been found.

The Oscar-winning actor tweeted a photo of the card Tuesday after finding it in a park. He covered up the woman's last name with his finger in the photo.

WCBS-TV says it located Fordham senior Lauren Whitmore on Tuesday. Whitmore says she was jogging in Central Park on Monday when she must have lost the card.

She says if Hanks wants to return it, she'll "surely meet him to do that."

Hanks stars in the upcoming Cold War thriller Bridge of Spies.

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metro HOME
Your essential daily news
TheRedPin.ca poll of Canadian couples shows 97% of women ultimately get the home they want

What they're a$king

Here's a variety of two-bedroom resale condos in both midrise and highrise buildings. Living in condominiums is convenient, great for busy people, and means never having to shovel the drive or cut the lawn. **Duncan McAllister** FOR METRO

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Vancouver

This spacious suite at 583 Beach Cres. boasts amazing views of False Creek, English Bay and the city from the south-west-facing corner unit. It features luxury finishes like granite countertops and cherry flooring. Upgrades include a new appliance package, light fixtures and faucets. The condo offers access to the Super Club's pool, sauna, fitness room, theatres, squash court, guest suites and 24-hour concierge. Just steps to the urban lifestyle of downtown, parks and seawall. Listing agent is Pam Allen with RE/Max Real Estate Services, 604-790-8464.

$260,900

Calgary

This second-floor unit offers a southern exposure and a bright, open concept. The unit features a kitchen with a raised eating bar and dining area. There's a large living room with patio doors to the balcony, laundry and a four-piece bathroom. The master bedroom offers a full ensuite bathroom. The condo is close to transit, shopping, green spaces and plenty of amenities. Tim Lind is a sales representative for RE/Max Real Estate Mountain View, 403-333-0837.

$399,900

Ottawa

This two-bedroom, two-bathroom 951-sq.-ft. suite is located on the quiet and bright east side of this nearly-new building by Domicile. The suite features tasteful, modern finishes and the building has a well-equipped gym as well as a guest suite. Underground heated parking and a storage locker is included. The condo is located on the border of Wellington West and Hintonburg. Listing agents are Kelly Ebbs and Kerry Millican with Royal LePage Team Realty, 613-290-2990.

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8 FALL ENTERTAINING ITEMS INSPIRED BY FARMHOUSE DECOR

It's that time of the year when friends and family focus on entertaining. With the farm-to-table food trend still going strong, let's entertain with a few stylish farmhouse-inspired helpers.

Karl Lohnes
For Metro Canada

1 Store it with charm
Keep your homemade brews in one safe place. Post & Rail Wine Cabinet, $806, UrbanBarn.com

2 Made for hot stuff
Old World crafting keeps tables and counters protected in style. Wool PomPom Trivet, $18, Simons.ca

3 Put a lid on it
From oven to table in one dish. Lodge Cast Iron 5-qt Dutch Oven, $80, CrateAndBarrel.com

4 Put it on a pedestal
Serve it up with some lumberjack elegance. Dorotea Ceramics Cast Trunk Cake Stands, $88 each, Anthropologie.com

5 Keep it clean
Cook and serve up dinner in farmhouse style. Washed Linen Apron, $46, ZaraHome.com

6 Fine silver charm
Use as an oversized napkin, a placemat, or frame as fabulous kitchen art. Cutlery Print Kitchen Towel, $18/set of 2, ZaraHome.com

7 Give it flavour
Let your pumpkin patch inspire the flavour as an ice cream or latte topping. Fontana Pumpkin Spice Sauce, $31/63 oz, Starbucks.ca

8 Press & serve
Up your style with thermal heat-keeping walls and trendy materials. Stainless Steel 8-Cup Coffee Press with Walnut Handle, $46, Starbucks.ca

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SHAPE | LIVING

RENNIE MARKETING SYSTEMS

His, hers, ours: Gender-neutral home decor

Moving in with a S.O. doesn't mean you have to give up playful decor. Here, we round up some gender-neutral pieces you'll both love.

EMILY LAURENCE METRO NEW YORK

1

Design you can both get behind

It can be tricky going from living on your own to shacking up with a significant other. Alone, you have the freedom to decorate your home however you want. But chances are, your partner might not be feeling a floral bedspread or pink shower curtain. Here, we round up some vibrant pieces that are packed with personality that will make you both feel right at home.

1 Bath and shower
Keep the peace with a colourful shower curtain you can pull closed when someone forgets to clean the tub.
$31.99, Allmodern.com

2 Bedding
New sheets are symbolic of starting a whole new chapter.
$39-$69, West Elm

3 Throw pillows
It's totally possible to have heart accents without making your living room look frilly. Black, white and gold is bold, not cutesy.
$20, Society6.com

4 Wall decor
This simple wall art subtly shows you and your bae are all about the love.
$4.99, Etsy.com

5 A home for devices
There will be twice as many electronics in your home now, so a charging station is a must.
$35, GreatUsefulStuff.com

6 Dishes
Popcorn bowls make a night watching Netflix together even more special. $34.95, Amazon.com

7 Photos
This wall hanging is a cute, non-cheesy way to display couple-y photos you have, and you can keep adding more as you create more memories.
$29, Urban Outfitters

2

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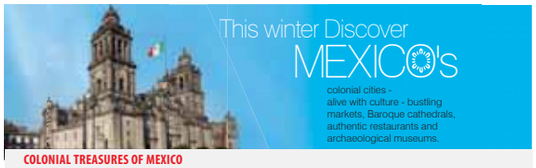
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Their love for grey will not fade away

INTERIOR DESIGN

Designers tout the shade as a go-to neutral in any space

The buzz over 50 Shades of Grey may have faded, but interior design experts say their love affair with the colour grey is definitely not a passing trend.

Looking back 10 years, designer Mollie Ranize remembers grey being "perceived as a depressing colour palette that was difficult to use, and no one really wanted to live in it." Since then, grey has developed into the go-to neutral colour and a favourite solution to many design dilemmas.

Want to use a bold colour but worry that it will overpower a room or look tacky? Mix some cool grey into even the loudest paint colour and it will instantly look more subtle and sophisticated.

And you can find a shade of grey that pairs well with everything.

"It's kind of shocking that almost everything on the colour wheel is complementary with it," says Ranize, founder of DMar Interiors in Los Angeles. "That's not something you can say about the whole tan-and-beige wave that we had for a really long time."

Any room, any style

Gray works with every decorating style, from totally traditional to cutting-edge modern. Whatever the style, "grey can be a huge statement," Ranize says, so it "doesn't take a huge quantity of accents to get high impact."

It also works surprisingly well in rooms where you might not expect it: Betsy Burnham, founder of Burnham Design in Los Angeles, uses dark grey kitchen cabinetry painted with a slightly shimmery satin finish. She likes using a softer shade, Benjamin Moore's Gray Owl, on walls, and painting the trim a crisp, cool white.

Designer Brian Patrick Flynn, founder of Flynnside Out Productions, uses grey "to mediate other more dramatic colours."

"If I am using a lot of black," he says, "I'll pair it with greige to keep the look more subtle and almost lower the amount of contrast. If I'm working with bold colours such as red or orange, I'll usually set them against a backdrop of dove grey or blue grey."

Another combo he recommends: charcoal grey with dark hunter green and black. "All three are super-dark and rich," Flynn says, but "none are really too high-energy, resulting in a sense of glamour that's somewhat rustic and woodsy. It's a really unique look that can be pulled off in the right setting."

Grey is even kid-friendly. It's "an excellent choice for a gender-neutral nursery or kid's room," Flynn says, "since you can accent it with a wide array of colours."

Yet another gorgeous option: Ranize loves mixing greys with deep shades of plum and any deep blue, from navy to teal. Deep blues "can play off of light greys so pleasantly," she says. It brings "emotional impact without being over the top."

Warm and bright

Grey doesn't have to make a room feel depressing or cold. "There are ways to bring it outside of that stark, off-putting, cloudy-day kind of vibe," says Burnham. Her favourite strategy is using warm shades of grey alongside organic items like pottery, plants, and natural-wood floors and furniture.

> **It's kind of shocking that almost everything on the colour wheel is complementary with it.**
>
> Mollie Ranzie, founder of DMar Interiors

She also warms up shades of grey by pairing them with colours like mustard, olive or soft pinks. These are "combinations you may not immediately think of," she says, but they're surprisingly effective.

As you choose a grey hue, consider the room's natural light. If you're worried that a grey room will look dim, choose items that reflect light. Look for a woven silk rug, wallpaper with a subtle sheen, upholstery with a slight shimmer, and even a tabletop of pale grey or grey and white marble that reflects light.

You can also opt for lighter greys to keep things from getting too intense. If you're considering using grey with red, for example, Flynn recommends dove grey or blue grey rather than charcoal. "Since dark grey and red are both super-dramatic, they can sometimes come across as overbearing or too much," he says. By pairing red with paler greys, the effect is "light and airy, juxtaposed with dramatic and high-energy."

THE ASSOCIATED PRESS

In this Burnham Design photo, a cream window shade, green plant and dark wooden chair bring an organic warmth to an otherwise cool kitchen. CHRISTOPHER PATEY/BURNHAM DESIGN VIA AP

A STRONG YET SUBTLE SHADE

The best base layer

Rather than adding grey to a room as an accent colour, Ranize suggests using it as the room's base colour. She recommends using paint or wallpaper to create soft grey walls, then layering more shades of grey into the room in the floor-covering and furniture. As a finishing touch, add a few pops of other colours as you wish.

With this technique, she says, "you get this dynamic space without trying to be flamboyant."

If you're building a new home, talk with your builder about using grey as the base colour throughout the property. "Builders and real estate agents are big on using beiges, creams and taupes to neutralize their properties," Flynn says, but "interior designers take the more personable route with grey, a colour which has more personality."

In expert hands, he says, grey "can take on a luxurious, chic or even understated vibe."

THE ASSOCIATED PRESS

Here designer Brian Patrick Flynn used several shades of vivid blues to add coolness to the otherwise warm tones. SARAH DORIO/BRIAN PATRICK FLYNN VIA AP

This airy, vintage-style bedroom by Flynn demonstrates the designer's use of blue-gray tones to keep rooms feeling classic and gender-neutral. HGTV.COM/BRIAN PATRICK FLYNN VIA AP

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A new season; a new list of events

Abby Wiseman

The summer sun may have set, but that doesn't mean you have to stay indoors. Check out these events that will keep you busy this fall.

Picking your own pumpkin is a rite of fall for some families.

Take your pick of local Oktoberfest events. SHUTTERSTOCK IMAGES

HARVEST HAUS

WHEN: To Oct. 11, 12:30-4:30 p.m., and 6-10 p.m.
WHERE: Queen Elizabeth Plaza, 649 Cambie St.
WHAT: Celebrate the harvest this fall at Harvest Haus, Vancouver's only Volksfest. Feast on traditional Bavarian food at a long table or peruse the market for bratwurst and sauerkraut. Lederhosen is welcomed. For more information, visit harvesthaus.com.

HALLOWEEN EXPO AT THE PNE

WHEN: Oct. 15-18
WHERE: PNE, 2901 East Hastings St.
WHAT: A four-day Halloween extravaganza including costumes, comics and art exhibitions, performances at Tom Lee Music and a costume parade. For more information, visit vanhalloween.com.

THE LOST SOULS OF GASTOWN

WHEN: Oct. 15-31
WHERE: A 90-minute walking tour.
WHAT: Take a tour through Vancouver's gruesome history when the city was a violent frontier town full of thieves, vagabonds and bawdy girls. For more information, visit forbiddenvancouver.ca.

FRIGHT NIGHTS

WHEN: Oct. 9 to Nov. 1
WHERE: Playland, 2901 East Hastings St.
WHAT: The Halloween season isn't complete without visiting the haunted houses at Fright Night. If ghosts and ghouls don't scare you, a late night ride on The Beast surely will. For more information, visit frightnights.ca.

JUDGE DEE'S CHINATOWN HAUNTED HOUSE

WHEN: Oct. 21-31
WHERE: Dr. Sun Yat-Sen Classical Chinese Garden, 578 Carrall St.
WHAT: Judge Dee was a famous detective in Tang Dynasty China and has long been considered China's Sherlock Holmes. Step into his weird and frightening world this Halloween season, but leave the kids at home. For more information, visit chinatownhauntedhouse.com.

CHILLIWACK CORN MAZE

WHEN: To Oct. 31
WHERE: 1905 Yale Rd. W., Chilliwack
WHAT: Get lost in a 12-acre corn maze with a silhouette of Terry Fox shaped into it in honour of the 35th anniversary of the Marathon Of Hope. For more information, visit chilliwackcornmaze.com.

MERCATO ITALIAN MARKET

WHEN: Oct. 16 and Nov. 20, 3-7 p.m.
WHERE: Italian Cultural Centre, 3075 Slocan St.
WHAT: Italian and West Coast produce converge at this unique market. Enjoy a cannoli while being serenaded by Italian music. For more information, visit italianculturalcentre.ca.

OKTOBERFEST AT THE ALPEN CLUB

WHEN: Oct. 16-17. Doors open at 7:30 p.m.
WHERE: 4875 Victoria Dr.
WHAT: Enjoy traditional German cuisine, drink some beer and get a free stein from the Alpen Club. Tickets are on sale. For more information, visit vancouveralpenclub.ca.

THE PUMPKIN PATCH AT RICHMOND COUNTRY FARMS

WHEN: To Oct. 31. Monday to Friday, 9 a.m. to 1:30 p.m., Saturday and Sunday, 10 a.m. to 4:30 p.m.
WHERE: 12900 Steveston Highway, Richmond
WHAT: More than just a pumpkin patch, kids and adults will enjoy the petting zoo and wagon rides. For more information, visit countryfarms.ca.

ROAM WINTER EXPO

WHEN: Oct. 17-18
WHERE: 1055 Canada Place
WHAT: This event is for winter season lovers. Find out what's new in winter lifestyle gear at this two-day event. For more, visit roamexpo.com.

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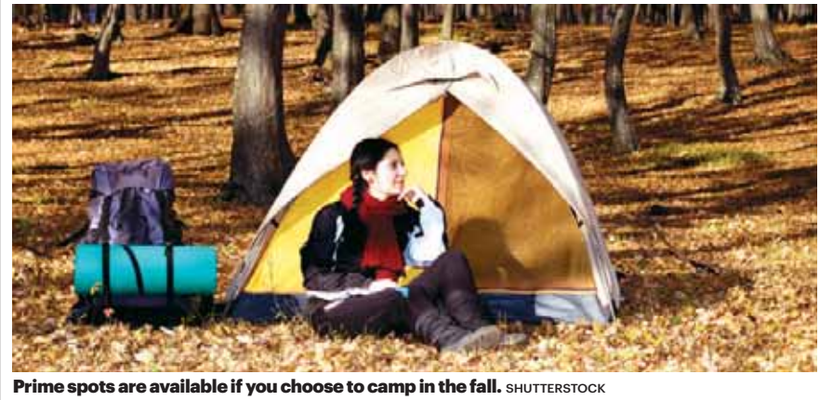

Prime spots are available if you choose to camp in the fall. SHUTTERSTOCK

Fall adventure in the forest

With summer now a distant memory, many of us are packing up our camping gear for next year. However, we may be overlooking that spending time in the great outdoors can be equally enjoyable during the cooler months.

The crisp fall air and changing leaves are just a few benefits about camping in the fall.

To help get you planning your family's fall adventure, here are some more perks of camping in the off-season:

• Fewer fees — Many parks and campgrounds reduce their fees in the off-season. By postponing your vacation until after Labour Day, you can put extra funds towards another excursion.

• Less crowded — People are less inclined to camp in the fall, so there is more space at campgrounds. You may be able to get a prime camping spot that may have been taken in the summer.

• Cooler weather — With days that are neither too hot nor too cold, fall weather makes physical activities like hiking, canoeing and exploring much more comfortable. At night, embrace the cooler temperatures and bundle up under the stars.

• Prime time for stargazing — Shortened daylight hours mean the stars are visible for longer at night. There is also less moisture in the air, making skies clearer. Many campgrounds are located far enough from the light pollution of the city so the countless stars and constellations are much brighter.

• Fun activities — The fall season brings a whole new range of activities for families. Reconnect with loved ones for an afternoon of apple or pumpkin picking, or check out local harvest festivals, such as Oktoberfest, which happen in cities across the country.

• Fewer bugs — Bugs are less active when temperatures drop, so you can enjoy even heavily forested campsites without nagging mosquitos and insects. NEWS CANADA

Bringing the family together

Let your children learn about farm animals by visiting a petting zoo. SHUTTERSTOCK

Abby Wiseman

It's the time of the year to start heading indoors, but that doesn't mean the family fun is over. Fall is the time of pumpkin carving, spooky ghost houses and Oktoberfest.

Instead of binge watching Netflix, take the kids to your local pumpkin patch and let them pick their own pumpkin to carve this Halloween. While you are out in the country, stop by a petting zoo and let the kids learn about farm animals. Be sure to bring gloves to keep everyone's fingers warm, but be warned — goats like to chew.

If your kids love to be spooked, then take them to a local haunted house and have a scream. Just be sure that the house is age appropriate.

Being in an enclosed space with ghouls and goblins not your thing? Then check a local walking tour or museum and get a history lesson on the dark side of your city. Fact might be spookier than fiction.

Test the strength of your family at an escape room. Once locked in a room, your family will be running against a clock to solve clues that could lead to an escape. Don't worry, they will still let you out if you don't win.

Earn your turkey dinner by running or walking a turkey trot or pumpkin run this Thanksgiving. These are open to all levels and you will be grateful for the exercise after eating all that stuffing.

Beach season might be over, but it's not too late to take the family out for a trail walk or hike. In fact, this time of year is when the forest is most vibrant with its dazzling colours. The leaves won't last so bundle up and get back to nature.

How cute would your little ones look in lederhosen? Oktoberfest may traditionally be an adult event involving beer steins and pretzels, but many events are family friendly and are a great for kids to learn about Bavarian culture, minus the beer.

Whatever you choose to do, fall is a great time to bring the family together.

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Stay on budget for your reno

HOME

How to get the best quote, and other important tips

Liz Brown

The lowest price isn't always the best choice. Sometimes it's better to pay a little more for quality and experience. SHUTTERSTOCK

Home renovations are pricey propositions. And if you don't set a precise budget and vision, the project can quickly balloon in cost and scope. Planning, research and clear communication with your contractor are keys to keeping your home reno running on schedule and budget.

The first step to an on-budget reno is to come up with a clear work description and give the same description to each contractor, according to Rick Hagel, general manager at Sierra Property Services Ltd. in Vancouver. "You want contractors to be comparing apples to apples," he says.

"Say you want to do a kitchen. You need to look at all of the things in your kitchen and outline what you want and what kind of quality those things should be. You need a specific list and the contractor should quote on that specific list first, and then offer any suggestions after. Don't let yourself be swayed before the initial quote is offered."

Homeowners should seek three to five quotes to get a good idea of what a project should cost. And Trevor Jones of Caniwi Construction in B.C. advises to not just select the cheapest quote. "The lowest price isn't always the best choice. It is often better to pay a little more for quality and experience," he says.

A good sign you have drawn up a specific work plan that contractors understand is if all contractors submit bids in the same general price. "(From this) you can assume you are getting a fair price for the work you described to them and they all understood the same scope of work for your project," says Gary Sharp, director of renovator services at the Canadian Home Builders' Association's national office in Ottawa.

Homeowners also need to factor in unexpected costs to their budget. "Home renovations always cost more than you think they will," says Tyler Moffet, a carpenter and contractor in Calgary. "Once you start tearing things apart, there's always something you come across that needs more work."

Moffet says a general rule of thumb in the industry is to budget 15 to 20 per cent more than the contractor's quote. "This way, if you run into a problem, it's not an issue to come up with the funds, and if all goes well, you have some gravy money at the end."

Choosing a contractor

Choosing the right contractor is the most important decision you will make during a home renovation, but it can be hard to know where to start looking for the right professional for your needs.

"Checking references is by far the best advice," says Gary Sharp, director of renovator services at the Canadian Home Builders' Association's national office in Ottawa.

Sharp recommends preparing a list of questions before calling a reference, focusing on the contract, if the contractor stayed on budget and what the renovation team was like. "Did they smoke in the house, were they professional?" he says.

Rick Hagel, general manager of Sierra Property Services Ltd. in Vancouver, says that homeowners should check with associations like the Better Business Bureau, to see if the contractor is a member and if there have been any complaints.

"You can see what kind of a work record a contractor has," says Hagel, noting it's not just about the quality of work, but also how the contractor reacts to adversity. "If there has been a problem, you want to know the contractor attended to it immediately."

Checking references is an important part of finding the right contractor. This isn't a time to cut corners. SHUTTERSTOCK

Tyler Moffet, a Calgary-based carpenter and contractor says a good place to start your search is your own neighbourhood.

"Drive around your area and look for crews working on homes. Ask the homeowner to see the work and what they think of it and if the job is running on schedule," he says, adding: "It's like a job interview, you need references. You don't just ask someone you don't know to come into your house."

After you've checked references, it's time to ask for bids from the contractors. Collecting bids from three to five contractors is a good way to determine what a fair price for your project is. "If the bids are significantly different from each other, there may be a valid explanation, such as one contractor forgot to include a major component in their bid," says Sharp.

A good proposal will include a schedule of draws (payments) that are linked to milestones on the project. Hagel says most experienced contractors with good capital resources won't ask for a deposit up front, before any work is performed.

"We make sure all of our customers know that no money changes hands until there is some value for the work that has been performed. That's a key thing for determining if you want to work with a contractor, because someone who needs money right away could be a problem down the road."

LIZ BROWN

UP TO THE TASK?

To DIY or not to DIY

If you're a homeowner who's handy, or likes to save money, it can be tempting to take on a home renovation project yourself. And while there's a certain pride in knowing you created your own deck or tiled your own bathroom, you need to be certain you're up to the task before you start tearing things apart.

"Consider your own skills and abilities carefully when planning a project," says David Foster, senior director of communications at the Canadian Home Builders Association in Ottawa. "While many of today's home improvement products are designed to make it easy for do-it-yourselfers, other projects will require specific skills. Seeing how something was done on a TV renovation show isn't the same as having practical experience. Getting in over your head can end up costing more money and causing a lot of frustration, than hiring a professional to help in the first place," he adds.

For guidance or to get an idea for your aptitude for a project, consider taking a course. Many home improvement stores offer introductory classes on basic home reno tasks and colleges offer more in-depth courses. If you do decide to go ahead with a project yourself, be sure to check with your municipal building inspector if a permit is needed for the work being planned.

"In general, a permit is required if you are making your house larger. A permit is required if you are modifying a structural wall or other structural component of the home," says Gary Sharp, director of renovator services at the Canadian Home Builders Association.

"Don't know if a wall is structural or not? That's likely a good sign not to DIY," he jokes.

Even if you are a skill tradeperson or a seasoned do-it-yourselfer, you should consider the practicality of undertaking a home renovation on your own. "A common scenario is that getting the work done simply takes much longer than anticipated," says Foster. "Homeowners get caught in this sort of thing all the time. …The two weekends of work you planned to do the job stretch out to two months and your kitchen isn't finished and your spouse has smoke coming out his or her ears."

Foster doesn't want to discourage people from DIY projects, but advises them to think carefully if they do have the time to put in the work and then assume it will take twice as long as they expect.

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Call the doctor

VISIT

When to seek medical attention for your cold

Rhonda Riche

What most Canadians call the common cold is actually an upper respiratory tract infection caused by one of more than 200 viruses.

The most common of these bugs are the rhinoviruses. In a healthy person, this infection is irritating, but relatively innocuous and in one or two weeks, the symptoms are gone.

But, sometimes, colds can lead to complications. Because the cold virus can also affect the tube that connects your middle ear and throat, sufferers are also at risk for sinusitis and ear infections.

If your cold lingers for more than a week and you begin to have fever, pain in the sinus area or you are having trouble sleeping or hearing, you should see a doctor.

While getting enough rest and eating healthy meals can help boost your immune system, cold-related infections like bronchitis and strep throat can still creep up on you.

Most people recover from bronchitis (a.k.a., a chest cold) without any additional treatment, but you should seek medical attention if your mucus gets thick and dark or you experience shortness of breath.

With strep throat, call your doctor if your sore throat isn't getting better or you have difficulty swallowing.

Many illnesses can start off with cold-like symptoms. The flu is one of them. Visit canada.ca/flu for the latest influenza updates and frequently asked questions. And when in doubt, it doesn't hurt to ask your doctor.

Colds can lead to complications. If your cold lingers for a few weeks, you should see a doctor. SHUTTERSTOCK

Reducing the risk of getting sick

Vaccination, handwashing and a healthy lifestyle are the best ways to protect yourself from the flu.

Yet, for some high-risk groups — particularly young children, the elderly, pregnant women and people with underlying health conditions — extra precautions may be necessary.

For example, children younger than six months are at high risk of serious flu complications because their immune systems are still developing, yet they are too young to get a flu vaccine.

Simple everyday actions can help reduce the risk of coming into contact with cold and flu viruses. For example, you can protect yourself and your infant by staying away from crowded places as much as possible, where you are more likely to be exposed to the virus.

If you become sick, cover your nose and mouth with a disposable tissue when you cough or sneeze (then wash your hands) and clean and disinfect frequently touched surfaces.

Call your doctor right away if your child younger than three months (12 weeks) has a rectal temperature of 101.3 F (38.5 C) or higher. Also, any fever that lasts more than one day in a child younger than two (or lasts more than three days in a child age two or older) should be checked out.

The same care should be taken if you are older, pregnant or have a pre-existing medical condition, such as lung or heart disease or a compromised immune system.

While you aren't at higher risk of contracting cold or flu, you may be more likely to experience serious complications. For example, infection in the lungs can trigger asthma attacks and a worsening of asthma symptoms.

Work with your primary health-care provider to come up with an action plan in case you get sick this cold and flu season.

It will help you recognize the difference between cold and flu symptoms and help you take precautions to keep illness at bay.

RHONDA RICHE

Simple everyday actions, like washing your hands, can help reduce the risk of coming into contact with cold and flu viruses. SHUTTERSTOCK

SYMPTOMS

Cold vs. flu

The symptoms of the flu and the common cold are quite similar.

But because influenza can lead to serious complications, it's important to understand the differences. Use this guide to help you spot the signs:

FEVER
Rare in colds. In flu, often high (102 F to 104 F, or 39 C to 40 C), starts suddenly and lasts three to four days.

ACHES AND FATIGUE
Sometimes mild in colds. In flu, these symptoms can be severe, including headaches, and can last two to three weeks.

COUGHING AND SNEEZING
Pretty common with a cold. Sneezing may accompany a flu, and chest discomfort is common and can become severe.

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Back from a hamstring injury, Yasiel Puig will join the L.A. Dodgers' playoff roster

CANUCKS

Bachman recalled to back up Miller

The Vancouver Canucks have recalled Richard Bachman from the AHL's Utica Comets to shore up their goaltending ranks.

Canucks goalie Jacob Markstrom has a sustained a lower-body injury and was scheduled to be evaluated later Wednesday.

Bachman played most of last season with the Oklahoma City Barons of the AHL, finishing with a 2.38 goals-against average and a .918 save percentage in 23 games. He also played in seven games for the Edmonton Oilers, posting a 2.84 goals-against average and .911 save percentage.

THE CANADIAN PRESS

42

The number of NHL games Bachman (17-14-2) has played.

The acquisition of David Price has made many critics believe in the Blue Jays. RICK MADONIK/TORSTAR NEWS SERVICE

Rangers relish role of dark horse to Jays

MLB PLAYOFFS

After climb in standings, Texas faces tall task vs. Price

The Texas Rangers have arrived in Toronto with a chip on their shoulder.

Being overlooked by the bookmakers and others has only served to motivate the AL West champions as they prepare to meet the surging Blue Jays on Thursday in the American League Division Series.

Texas manager Jeff Bannister says there are plenty of emotions in his clubhouse.

"I think it's full of energy, belief, confidence," he said Wednesday. "But yet they're the ones that aren't being given a chance. So I also think that there's a little different edge. And I thank you all."

The Rangers have already worked one miracle under their rookie manager, climbing from last place in the American League (67-95) in 2014 to make the playoffs. Only four other teams in the majors have done that before.

Toronto manager John Gibbons sees the ALDS contest as more of an "even matchup."

"Our teams are very similar," he said. "Good offences. Balanced. They've got some pretty good team speed over there."

And they both went out and made big pitching acquisitions with Toronto trading for David Price and Texas picking up Cole Hamels. They also looked to bolster their bullpens.

"Both GMs attacked it the same way," said Gibbons. "They saw what they needed and they went out and did it."

Toronto sends out Price, its left-handed ace, against right-hander Yovani Gallardo as post-season baseball returns to the Rogers Centre for the first time since 1993.

Price is 9-1 as a Blue Jay with an earned-run average of 2.30. Over his career, he is 11-1 at the Rogers Centre.

He comes into Thursday's game on 11 days rest, with his last real outing being on Sept. 26 in Tampa.

"You take guys with great arms and they can locate the ball, now you got the superstars. ... He's a complete pitcher with a great arm," Gibbons said of his six-foot-six ace.

And yet the former Tampa Bay and Detroit pitcher is 1-5 in the playoffs with a 4.50 ERA.

THE CANADIAN PRESS

It doesn't really mean anything once you step on the field.

Blue Jays centre-fielder Kevin Pillar on the team being favourites among critics and bookmakers

Habs kick off season with win over Leafs

OPENERS

Above: Brendan Gallagher of the Montreal Canadiens and the Toronto Maple Leafs' Dion Phaneuf battle for the puck at Air Canada Centre on Wednesday. Alex Galchenyuk's third-period goal was the game-winner in the Habs' 3-1 victory.

THE CANADIAN PRESS

Right: The Chicago Blackhawks look on as their Stanley Cup championship banner is raised to the United Center rafters before their 3-2 loss to the New York Rangers.

THE ASSOCIATED PRESS

Go to metronews.ca for more opening night coverage.

NL WILD CARD

Cubs walk Bucs off plank

Jake Arrieta allowed four hits in nine dominant innings and the Chicago Cubs rolled to a 4-0 win over the Pittsburgh Pirates in the NL wild-card game on Wednesday night.

Arrieta struck out 11 without a walk. He also dusted off getting plunked by Pittsburgh reliever Tony Watson to send the Cubs to the NL Division Series in St. Louis starting on Friday.

Dexter Fowler homered and scored three times for the Cubs. Kyle Schwarber added a towering two-run shot off Pittsburgh starter Gerrit Cole as Chicago raced to an early lead and let Arrieta do the rest.

The Cubs also snapped a nine-game playoff losing streak. THE ASSOCIATED PRESS

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[1]$1,000 trade-in rebate available from September 1, 2015 to September 30, 2015 on the purchase of any new 2015 Outlander vehicle when you own and trade in a currently licensed car/SUV of any automotive brand in reasonably good condition. Rebate amount will be deducted from the negotiated price after taxes and at time of purchase. Some conditions apply. See dealer for details. $4,000 off purchase price is composed of $4,000 cash purchase discount on a new 2015 Outlander vehicle (excluding 2015 Outlander ES FWD models) purchased and delivered between September 1, 2015 and September 30, 2015. Cash purchase discount will be deducted from the negotiated price before taxes and will take place at time of purchase. Some conditions apply. See dealer for details. ‡ S-AWC standard on Outlander GT. ** Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Some conditions apply. Payment does not include taxes or dealer documentation fee ($598.00).

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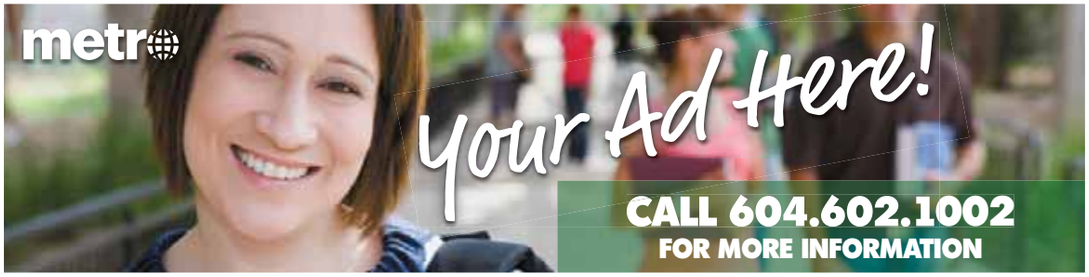

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RECIPE Mediterranean Pasta with Basil and Artichokes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish is simple but roasting the veg gives it real depth of flavour.

Ready in 30 minutes
Serves 4

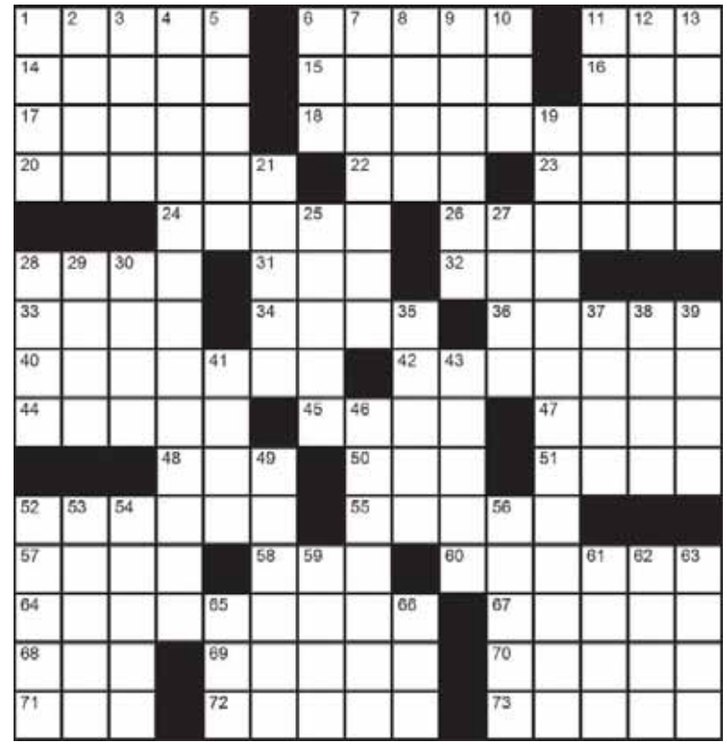
Ingredients
- 2 red peppers, seeded and cut into wedges
- 1 red onion, cut into wedges
- 3 cloves garlic, coarsely chopped
- 1 tsp brown sugar
- 2 Tbsp olive oil
- Salt and pepper to taste
- 3 small ripe tomatoes, quartered
- 1 can artichoke hearts, drained, rinsed, and quartered lengthwise
- Handful of fresh basil leaves
- 3 Tbsp of grated Parmesan
- 1/2 lb dry pasta

Directions
1. Preheat oven to 400 degrees. Scatter the peppers, red onion and garlic in a large roasting tin. Toss with sugar, oil and salt and pepper.
2. Roast for 15 minutes, toss in the tomatoes and artichokes and roast for another 15 minutes until everything is soft and golden brown.
3. While the vegetables are roasting, cook the pasta in a large saucepan of salted boiling water according to package instructions. Drain well.
4. Remove the vegetables from the oven, tip in the pasta and toss lightly. Tear the basil leaves on top and sprinkle with Parmesan cheese.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Colour in a bouquet
6. "Fortune is painted blind, with a muffler __ her eyes..." - Shakespeare
11. Whiz
14. __ Arden (1864 poem by Alfred, Lord Tennyson)
15. Clear debt
16. Delivery vehicle
17. Intense
18. Indicator to a dinner party guest of where to be seated: 2 wds.
20. __ tires (Michelin products)
22. Le: English
23. It's buzzing with activity
24. '60s abstractionism: 2 wds.
26. Lurched
28. Red carpet design
31. __ Beta Kappa
32. Wife of Thor
33. Middle-__
34. __ up (Absorbs)
36. Streamlets
40. Took hours getting ready for the party
42. Make balanced: 2 wds.
44. Marsh grower
45. Cap-_-_ (From head to toe)
47. __ pants (Casual/fitness wear)
48. U.K. mil. service
50. Mariner's dir.
51. Foretoken
52. Self-defence developed in the Ryukyu archipelago (mainly Okinawa) of Japan meaning 'empty hand'
55. Concealed
57. Larger-than-life
58. Research paper, e.g.
60. Fruity frozen dessert
64. Pond's product: 2 wds.
67. Vacate
68. Winter water
69. Electrical pioneer Nikola
70. Facilitated
71. Hi-__ graphics
72. Tend the fire
73. Get garmented

DOWN
1. Big name in corporate jets
2. Empire of Peru
3. Garish, as garments
4. French for 'Happy Thanksgiving': Joyeuse _ _ _
5. "Surrender" by __ Trick
6. Alsatian artist Jean
7. Marker's writing part
8. Moonfish
9. Fast track drivers
10. 1982 Alan Parsons Project hit: "__ in the Sky"
11. Be of service
12. Prepare the Tofurky for serving
13. Wrapped up
19. Competitive series on Food Network Canada: 4 wds.
21. Memory mistake
25. Friend to Mary and Phyllis
27. W.B. Yeats' land
28. Openings
29. Troll
30. Garden intruder
35. River of Paris
37. Rug-making apparatus
38. Winter sport
39. Mr. Laurel of funny movies
41. Orderly
43. Swerves
46. Coach's rallying delivery: 2 wds.
49. Weasel relative
52. Fermented milk product
53. Speedily
54. Basmati and Wild
56. Dished out
59. Money in Mexico
61. Headquarters
62. Mark Twain story, __ Diary
63. "Bill & __ Excellent Adventure" (1989)
65. Belonging to Hartford's li'l state
66. "Maggie __" by The Beatles

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Like everyone you can be a creature of habit but at the moment you must strive to be more original. Create your own pathway to success.

Taurus April 21 - May 21
Don't waste your precious energy on people and situations that bring you no benefit. Your main priority now is to set yourself targets that pay off for you in the long-term, not for others in the short-term.

Gemini May 22 - June 21
You feel out of touch with what is going on around you. Everyone else seems to be tuned in to events that mean nothing to you. Don't worry, you are not missing much. Others envy you for being so independent.

Cancer June 22 - July 23
You will find it difficult to keep your nose out of other people's business today. You know what curiosity did to the proverbial cat, don't you?

Leo July 24 - Aug. 23
Money matters will figure prominently. There is a lot at stake at the moment, so do whatever it takes to maximize your profits and minimize your losses.

Virgo Aug. 24 - Sept. 23
You have done a lot of thinking over the past few weeks and you have come to a lot of conclusions about what you need to do to make your life more enjoyable. Now all you have to do is apply those conclusions to everyday activities.

Libra Sept. 24 - Oct. 23
For some reason you are taking certain things personally when, in reality, they have nothing to do with you at all. Get over yourself and get past the notion that the powers that be are ganging up on you. They're not.

Scorpio Oct. 24 - Nov. 22
It may seem as if everyone is being critical of you but that's an exaggeration. The only people questioning you are the ones who care for you the most. Listen to what they say.

Sagittarius Nov. 23 - Dec. 21
You may say that you don't care what the world thinks of you but deep down you do and cosmic activity in the career area of your chart will give you the chance to impress.

Capricorn Dec. 22 - Jan. 20
Something that never interested you before will grab your attention today and you will spend every spare moment trying to understand it. Others may think you have lost your mind but they don't see the possibilities you do.

Aquarius Jan. 21 - Feb. 19
You will find yourself thinking deeply about the big questions of life that most people tend to ignore. Does life have meaning? If so, what is it?

Pisces Feb. 20 - March 20
The only way you are going to get ahead is to co-operate — not just with friends and colleagues but with rivals too. Focus on what unites you, not on what keeps you apart.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			7	5	6			
		4				1		
		8				2		
	9	5	2	1	4	6	7	
	8						9	
	4			7			1	
	2			8			3	
	1						8	
		7	3	9	1	5		

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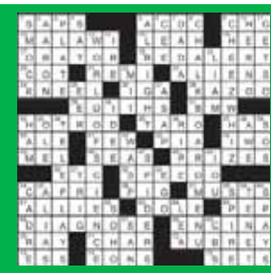

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3	2	6	1	8	4	5	9	7
7	9	5	3	2	6	4	8	1
6	3	7	8	5	1	2	4	9
8	4	9	6	3	2	7	1	5
1	5	2	7	4	9	3	6	8

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